Transitioning Disabled Students to College through Readiness Programming

Jennifer T. Biggers, M.Ed.
University of California, Riverside
We ask you to join us in creating a culture that reflects...

Access and Inclusion

and

Civility and Respect

...this week and in all aspects of our organization.
Greetings

Jennifer Biggers, M.Ed. (she/her)
Disability Specialist
University of California, Riverside
Objectives

• Participants will understand the importance of readiness programming for disabled students attending college.

• Participants will identify needed programming on their campuses that promote self-determination, self-advocacy, and retention.

• Participants will use presentation toolkit to implement beginning of the year programming for new or transfer disabled students.
Overview of Session

• What does the research say?
• Overview of UC Riverside’s Data and Programming
• How to Create and Facilitate Necessary Programming based on Student Needs
• Toolkit with UC Riverside Resources
• Q & A
Programming can increase:
• student engagement and participation
• increase retention, and
• provide a sense of community.
What we know…

• Colleges and universities recognize the effects belonging have on adjustment, achievement, and persistence (Hoffman et al. 2002; O’Keefe 2013; Strayhorn 2019).

• Orientation programs soothe academic and social transitions of new students by introducing them to one another, the institution, and different aspects of college life (Chan, 2019).

• Orientation programming helps students learn how to access critical campus resources as it relates to: safety, policies, registration, technology, campus activities, and recreation (Mayhew et al. 2010).
Transitioning to College with a Disability

• Students with disabilities enter college unprepared to disclose their disability or lack the understanding of how to access services on campus (Getzel & McManus, 2005; Wagner et al., 2005).

• Supports are essential to the retention of students with disabilities college. These supports include developing self-determination skills, developing self-management skills, exploring technology, and obtaining internships or other career-related experiences (Briel & Wehman, 2005; Burgstahler, 2003; Burgstahler & Doe, 2006; Getzel & McManus, 2005).
What we are seeing at UCR

• Limited knowledge as it relates to tech tools for learning and access;
• Students are requesting support in the areas of self-advocacy, time management, and disability management;
• Students respond positively to peer mentor support;
• Students are seeking opportunities to interact with others with similar lived experiences.
**Department Stats**

**Permanent, Temporary, and Provisional Accommodations**

- Provide services to approximately 1400 Students
  - 191 Graduate/Professional (SOM, PhD, MA/MS, and Credential programs)
  - 1245 Undergraduate
  - 22 non specified

- Types of Disabilities
  - 43% have a psychological disability
  - 16% have a mobility disability
  - 20% have a chronic health disability
  - 19% have ADHD
  - n=41 for Autism Spectrum Disorder; n=49 for Learning Disabilities; n=22 ABI
  - n=35 deaf or hard of hearing; n=28 blind or low vision; n=46 manual impairment
So what are we doing?
Program with Intention

- Participate/Facilitate Sessions during Student Orientation over the summer.
- Facilitate a one-day Virtual Bootcamp for incoming/transfer students and students needing a refresher about accessing services.
- Support Student-led campus tours for incoming first-years or transfer students.
- Host an Open House which community/campus partners.
SDRC Bootcamp Sessions

• Session 1: “I’m Registered, Now What?’
• Take a Break with Student Leaders
• Session 2: Intro to Tech Tools for Note Taking
• Take a Break with Student Leaders
• Session 3: Self-Advocacy in the College Setting
• Session 4: Student Panel-Tips and Strategies
• Wrap Up/Final Questions
Session 1: “I’m Registered. Now What?”

• Review of Orientation to Services
• Things to Consider about Week 0/Class Preparation

Attendees: 33
Average Rating of Session: 4.6 (1=Not Helpful; 5 Very Helpful)

Takeaways from Students:
“I learned how accommodation works and how to use them…”
“I learned how to navigate R’Ability.”
“I learned the differences between the testing modules…”
Session 2: “Intro to Tech Tools.”

- Discuss note-taking;
- Review note-taking methods;
- Review tech tools (Otter A.I., Echo Smart Pen, outline features on power point slides).

Attendees: 30
Average Rating of Session: 4.6
(1=Not Helpful; 5 Very Helpful)

Takeaways from Students:
“I can import images into Otter A.I...I didn’t know how to use all the features...”
“I can create/export an outline using the Power Point slides to help guide my notes during class.”
Session 3: “Self-Advocacy”

- Discuss self-advocacy and rights and responsibilities;
- Criteria for an effective self-advocacy e-mail;
- Hidden rules of office hours;

**Takeaways from Students:**
- “I learned how to properly send out emails to professors.”
- “I learned that I have the responsibility to advocate for myself in a clear and concise manner.”
- “I learned important steps to take during office hours (before going in to an instructor’s office).”
- “I learned to be pro-active and suggest possible solutions to a possible problem I am facing (i.e. 24 hr extension).”

Attendees: 21
Average Rating of Session: 4.6
(1=Not Helpful; 5 Very Helpful)
Session 4: “Student Panel/Best Practices”

- Tips and strategies from recent graduates;
- Recommendations about campus resources

Takeaways from Students:
- “Take care of your physical and mental health.”
- “Save syllabi for future classes/graduate school.”
- “Don’t be afraid to ask for help.”
- “Be part of student organizations that are disability related/focus.”
- “Don’t stress out about the future.”

Attendees: 21
Average Rating of Session: 4.6
(1=Not Helpful; 5 Very Helpful)
<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
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<tbody>
<tr>
<td>Time Management Workshop Series</td>
<td>TMWS-Students participate in a three-week series where they work on tools and best practices to meet organizational goals</td>
</tr>
<tr>
<td>Peer Mentor Program</td>
<td>Juniors/Seniors Supporting first year or transfer students with disabilities; they provide guidance and support throughout the year. Peer Mentors are required to meet/interact with their peer mentee at least three times per quarter.</td>
</tr>
<tr>
<td>ASPIRE-with Career Center (Only Winter)</td>
<td>In collaboration with the career center, we also have the ASPIRE program, a career-development and professional-leadership program focused on expanding career skills and transferable life skills for undergraduate students with disabilities.</td>
</tr>
<tr>
<td>Neurodiversity Mixers</td>
<td>The goal of the Neurodiversity Social Mixers (NSM) is to provide support for UCR students who identify as Neurodivergent, Autistic, Asperger, ADHD or for any student with neurological processing differences seeking social connections while improving their individual skills as a college student.</td>
</tr>
<tr>
<td>Tech Training</td>
<td>This is done through Tech Tools for Note-taking and Tech Tools for Time Management</td>
</tr>
<tr>
<td>Disability Management and Testing Taking</td>
<td>Students with disabilities will gain understanding of how to plan for high stake exams/assessments. Student with disabilities learn new habits they can practice/use before and during testing.</td>
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Time Management Workshop Series

• Students will understand and use a time management assessment as a mechanism for assessing personal time.
• Students will develop a SMART organizational goal they want to achieve during the quarter.
• Students will review SMART goal and identify driving and restraining forces.
• Students will identify organizational system that works best for their learning style and needs.
• Student will identify areas (1-2) of improved performance given use of organizational system;
• Student will identify a facet where time is not being used efficiently.
• Student will adjust their calendars to include “flextime.”
• Students will review progress toward big goal.
• Students will break down big projects into shorter benchmarks and update planner accordingly.
Data

• Pre-Assessment

• Scale of 1-4 students were asked to rate the following statements 1=Never or Rarely; 4 Very Often

<table>
<thead>
<tr>
<th>Procrastinate or put off doing things until the last minute</th>
<th>Poor sense of time</th>
<th>Waste or mismanage my time</th>
<th>Not prepared on time for work or assigned tasks</th>
<th>Fail to meet deadlines for assignments</th>
<th>Cant seem to accomplish the goals I set for myself</th>
<th>Have trouble motivating myself to start work</th>
<th>Cant seem to get things done unless there is an immediate deadline</th>
<th>Not motivated to prepare in advance for things I know I am supposed to do</th>
<th>Lack self-discipline</th>
</tr>
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<tbody>
<tr>
<td>3.15625</td>
<td>3</td>
<td>3.125</td>
<td>2.375</td>
<td>2</td>
<td>2.75</td>
<td>2.96875</td>
<td>2.96875</td>
<td>2.625</td>
<td>2.8125</td>
</tr>
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</table>
In these sessions, I have learned at least 2 new strategies I can use to improve my organizational system/planner/time management.

In these sessions, I have learned how to troubleshoot or anticipate for unplanned circumstances.

In these sessions, I have learned how to improve my time management to avoid procrastination.

I will be able to maintain the organizational system for the remainder of the quarter.

<table>
<thead>
<tr>
<th></th>
<th>Average Data after Workshop Series</th>
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<td>In these sessions, I have learned at least 2 new strategies I can use to improve my organizational system/planner/time management</td>
<td>In these sessions, I have learned how to troubleshoot or anticipate for unplanned circumstances</td>
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<tr>
<td>3.8</td>
<td>3.77</td>
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**Takeaways:**

- Learned new techniques: “flex time,” adding 1.5x for hw time, repeat affirmations
- The importance of an accountability system/community
- Real-life scenarios were a good way to practice problem solving
- Planning breaks ahead of time
Neurodiversity Mixers
Facilitator: Felicitas Nungaray
felicitas.nungaray@ucr.edu

Neurodiversity Social Mixer
WED, 04/20 @ 4 PM
Topic: Who am I?

Neurodiversity Social Mixers invites you to:
Navigating Transitions with Self-Compassion
CAPS Guest Presenter: Jordan Blea
In-Person
Wednesday, 5/4
4 PM - 5 PM
Light refreshments will be served
RSVP link in Bio

Moving into Mindfulness
Neurodiversity Mixers
New Date
Wednesday
05/25 at 4 PM
SDRC Conference Room
Disability Management and Test Taking

• gain an understanding of how to plan for high stake exams/assessments.
• identify new habits they can practice/use before and during testing.
Study Sessions Sample Schedule

Monday, 3/7 at 4:00pm-5pm:
Prioritizing Tasks and Study Time facilitated by Jenny Biggers
You’ll be supported in creating an action plan, and you’ll have time to start/continue to work on the most important items during this two hour block.

Tuesday, 3/8 at 4pm-5pm:
Accountability Study Session facilitated by Jenny Biggers
Know what tasks you need to get done, and need an accountability buddy? You’ll check-in with Jenny and be entered into a break room to work independently and have periodic check-ins).

Wednesday, 3/9 at 3:30pm-5pm:
Neurodiversity Mixer hosts: Study Time using Pomodoro Technique
Learn the benefits of using the Pomodoro Study technique, and give yourself the opportunity apply the technique during this session.

Thursday, 3/10 at 4pm-5pm:
Zoom Study Session using Pomodoro Technique facilitated by Felicitas Nungaray

Friday, 3/11 at 4pm-5pm
Zoom Study Session with DAPI/Student Leaders
Next Steps

• Identifying needs of students by Surveying specialists;
• Reviewing surveys/questionnaires by students;
• Running reports in your system to review overall academic performance;
• Reviewing data from testing center of students missing deadline or have additional requests
• Involve student leaders in the facilitation of programs in the beginning of the year (i.e. campus tour/schedule review, meet and greet with student leader;
Toolkit

Disability Management During Testing

Example 1
Dear Dr. Keller,

My name is Jennifer Biggers (SID: 12345678). I am enrolled in your Psych 111 Sec 1 course. In class, you mentioned laptops or electronics are not permitted. As you may have seen via ProctorU, one of my accommodations is Use of Computer for note-taking purposes. I plan to use my laptop on a regular basis to take notes and record lectures (for my personal use only), and this has been approved as an accommodation via SDRC. If there are any questions or concerns, feel free to contact their office.

Sincerely, Jennifer

UCR SDRC Programming Presentation Toolkit
flowcode.com/p/kPdSXeWr7?fc=0
If you have any questions regarding any of the presentations or resources provided in the google folder, feel free to contact me:

jennifer.biggers@ucr.edu
References


Session Evaluation

Please point your phone at this QR code, or go to:
tinyurl.com/AHEADeval

Your feedback helps shape future programming.

Thank you for attending!